

Mrs. Wilson Gives Luncheon Suggestions

Appetizing Sandwiches Better Than "Quick Grab" at Restaurant

By MRS. M. A. WILSON
Copyright, 1921, by Mrs. M. A. Wilson. All rights reserved.

WHEN the frost is on the pumpkin and the wintry days are ahead, the busy folk who are in the business world frequently become lax at this season and ride into a rut of just bread, meat and potatoes with a dessert to finish off their daily bill of fare.

And then, along about the middle of December, they begin to have that splitting headache, catch cold easily and are really all out of sorts. And, no wonder—for they have been lavishing themselves with the foods that form uric acid and these ailments are the result of this particular form of diet.

Meats, starchy foods and sweets are foods that produce the dreaded uric acid. Oranges, lemons, grapefruit, tomatoes, cucumbers and succulent foods that so many folk have thought of for years as acid foods are really the vitalizing anti-acidic and protecting foods.

From now on and until late in the spring, overheated, close and poorly ventilated housing conditions, both during business hours and at home, will deplete our energy and unless we plan to use wise and corrective diet, we will reap the usual run of winter ills.

Rather than a hasty lunch, in a cheap lunch room or cafe, plan to bring from home with you the simple, well-cooked foods that have a salad each day and are the splendid dividends that you will reap in healthily carrying the lunch bit and if you wish a hot drink at noon hour, a thermos will keep it piping hot without any trouble.

Chew all foods slowly before swallowing them. Hastily chewed foods are the real cause of much indigestion and then, after lunch, take a fifteen-minute walk in the open air and you will be able to return to your work with real vim.

The housewife, in preparing the noon lunches for the folks who must go to business, should remember that the lunch that is hastily thrown together in a few minutes in the morning is just as quickly thrown into the waste basket at noon, either as a whole, or in part.

And that one of the important factors that has done much to discourage the business folk carrying the home lunch is the manner in which it is prepared and packed.

If possible, select a box or a basket that will hold just enough. The girls may easily select any number of little fancy baskets that can be purchased very reasonably at the stores.

Recently I met a merchant in New York City, bringing up from his car a little basket of the ordinary chip variety and as I looked so curiously at it, he remarked, "I carry it at home, but I am back to my grandpa's days and am bringing my lunch from home. I am very busy and can't take the time to go to a town and lunch and I, too, have some crowded lunch rooms, so I bring my over and take a ten-minute turn around the square, over there."

This man is nearly sixty-five and is physically fit and he is extremely proud of his old-fashioned wife who every morning packs this lunch.

How to Prepare the Lunch
Use whole wheat bread, one day old. Butter and slice off the loaf and cut thinly. Place a filling between and cover with second slice. Now cut the slice in four and wrap in wax paper and fold the ends in neatly.

Cream the butter well before starting to spread. Nothing will nauseate the person who eats a lunch prepared from the home quicker than lumps of butter here and there in the sandwich.

Maintain the space of life and one quickly tires of the same sandwich day in and day out, so for variety use, in making sandwiches, the lowest piece of bread from whole wheat and the top slice of white bread. Use a combination of red and white fillings, and then here are some sandwich fillings.

Sliced very thin:
Three coarse green leaves of lettuce.
Three coarse outer branches of celery.
Add one small green pepper, minced fine, and three tablespoons of mayonnaise or cooked salad dressing.

One-half cup of grated cheese.
One-half teaspoon of grated onion.
One-half teaspoon of salt.
Pinch of pepper.

Mix and spread half inch thick for the filling.
Try This. You Will Find It Splendid
Place in mixing bowl:
One-half cup of cottage cheese, which has been rubbed through a sieve.
Then add:
Three tablespoons of finely minced parsley.
One-fourth teaspoon of grated onion.
Two tablespoons of finely minced nuts.

One-half teaspoon of salt.
One-fourth teaspoon of paprika.
Mix and then spread one-half inch thick for sandwich filling.

Octagon Sandwich Filling
Place in a mixing bowl:
Four tablespoons of mayonnaise.
One-half cup of finely chopped cold cooked meat.
One teaspoon of finely grated onion.
Three tablespoons of finely chopped parsley.
Four tablespoons of finely chopped celery.
One-half teaspoon of salt.
One-fourth teaspoon of paprika.
One small sour pickle, chopped fine.

WHAT'S WHAT
By HELEN DEWITT



Frosty manners are bad manners. The frigid demeanor is the mark of a snob or a "climber" who is habitually afraid of being polite to somebody who may turn out to be "not worth while" after all. Nothing is more comical than the sudden change which comes over these tufted centers when a personage of known social importance comes on the scene. Then the frost melts instantly into a gushing servility which is as repulsive to its object of homage as it is amusing to the spectators.

Well-bred men and women are sure of themselves, and they do not fear to be genial to people whose pedigrees they have not examined, and of whose financial rating they are unaware. They have not two sets of manners; they are uniformly courteous and considerate of the feelings of others, whether those others are street-sweepers or plutocrats.

Mix and then spread one-half inch thick for sandwich filling.
Scotch Woodcock
Rub two hard boiled eggs through a sieve into a bowl and add:
One-half cup of grated cheese.
One-half cup of finely minced parsley.
One teaspoon of grated onion.
Four tablespoons of mayonnaise.
One-half teaspoon of salt.
One-fourth teaspoon of pepper.

Mix and then spread one-half inch thick for sandwich filling.
All Fruit Filling
Put through the food chopper:
Four ounces of prunes, with stones removed.
Two ounces of apricots.
One-half package of seeded raisins.
One-half package of seeded raisins.
Then add three tablespoons of honey to make smooth; place in the jar and use as for other sandwich fillings.

Venezuelan Sandwich
Add one-half cup of grated sweet chocolate and one-half cup of finely chopped coconut to the above mixture. It will require a little more honey to make the smooth blend that will spread. Two or three sandwiches, some fruit that has been washed and wrapped in wax paper, so that it will be ready for them to eat, will bring your business people home at the close of the day feeling that life is really worth while after all. Baked beans, custards and salads may be packed in paper cups and included occasionally.

MRS. WILSON'S ANSWERS
Dear Mrs. Wilson—Kindly oblige me with a recipe for sweet Spanish omelet. I cannot find out how to make one.
E. R. G.

Sweet Spanish Omelet
Place the yolks of four eggs in a bowl and add:
Three tablespoons of cream.
One-half teaspoon of salt.
Beat with a fork to mix thoroughly; now beat the white of the eggs until stiff then add one tablespoon of powdered sugar; now fold in the beaten yolks; mix; two tablespoons of butter in a skillet and when hot turn in the egg mixture; cook very slowly lifting the egg mixture from the bottom of the pan.

HAND KNITTING WOOL
Buy Direct From the Factory
4-Fold Germantown Wool
White Seal Brown
Cardinal Jade Green
Honey Dew Maroon
Harding Blue Navy
Peach Brown Saxe
Black Turquoise
Bottle Green Old Rose
Marion Blue Coral
Pink
\$2.00 Per Lb., Pure Virgin Wool
Genuine Scotch Heiter, \$2.25 a lb.
Any Quantity Sold
Prepaid Mail Orders Solicited
We pay postage on orders of a pound or more. Discount of 10% on orders of \$20 or over.
WILLIAM H. LEE & SONS
2426 N. Hancock St.
Ken. 331 (Near 24 & York Sts.)

MARINELLO
A-1 Beauty Salon
BEAUTY IS SKIN DEEP
Treatments for all conditions of the skin and hair. Muscle Stripping, Henna and French Hot Coloring. Superfluous hair, moles, warts and birthmarks removed.
RITA A. KRAUS
1615 WALNUT STREET
Spruce 4202

CLEANED OR DYED LIKE NEW
Men's and women's a variety of fabrics, curtains, gloves, blankets, feathers, etc. We call anywhere.
Phone, Taylor 8380
ANTON DORFNER & SONS
Cleaners & Dyers
1324 GIRARD AVENUE

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

After-Dinner Tricks

My dear Mrs. Wilson—Will you please give an inexpensive menu for a Sunday evening supper for about ten persons?
A. B. R.

Suggestive Menus
No. 1
Creamed Smoked Beef with Peas and Carrots
Macaroni au Gratin
Coleslaw
Baked Apples with Cream Sponge Cake
Tea.
No. 2
Salmon au Gratin
Potato Salad
Coleslaw
Crumb Cake
Tea.

My dear Mrs. Wilson—Please give me a recipe for preserving citron. We have had two given us and we are anxious to do them up.
E. E.

Preserved Citron
Cut citrons in pieces of desired size and pare, then place in a bowl, cover with cold water, adding one-half cup of salt. Let stand over night and in the morning wash under the cold running water and place in the preserving kettle and cover with cold water and bring to a boil. Cool slowly until the citron is tender; then drain; now place five pounds of sugar in the preserving kettle and add:
Four cups of boiling water.
One lemon, sliced paper thin, and cooked until tender in separate saucepan.
One-half pound of preserved ginger.
Two packages of seeded raisins, and the following spices tied in a piece of cheesecloth:
One-quarter cup of cloves and all-spice mixed.
Three blades of mace.
Two sticks of cinnamon broken into small pieces.

Bring mixture to a boil and cook for ten minutes; then add citron; bring again to boiling point and simmer for fifteen minutes. Set the preserving kettle aside for twenty-four hours. Then heat slowly to boiling point, simmer one-half hour and set aside again, reheat for the third time and simmer for fifty minutes. Then fill scalding hot jars, sterilized jars and seal securely. When cold, dip the tops of the jars in melted paraffin.

Printed Linens and Cretonnes
We show an unusual collection, charming designs, beautiful colorings; by the noted French manufacturers. The French and English. A. L. DIAMENT & CO.

HATS CLEANED Remodeled
In the newest shapes for sports and outing wear. Our 40 years of experience is at your service.
Steinman
54 N. 7th St. Phone: Market 3431
Branch: Jefferson Ave. Works, 107 S. 15th

Velour & Bolivia Coats & Suits
Sponged and Restored to Their Original Beauty
Plush & Velvet Coats
Steamed and Renapped
Furs Cleaned and Glazed
Modern Cloth Sponging Co.
1030 S. 10th St.
We Call and Deliver to Any Part of City
Phone: Oregon 6202 or Main 7017

Marinello
A-1 Beauty Salon
BEAUTY IS SKIN DEEP
Treatments for all conditions of the skin and hair. Muscle Stripping, Henna and French Hot Coloring. Superfluous hair, moles, warts and birthmarks removed.
RITA A. KRAUS
1615 WALNUT STREET
Spruce 4202

CLEANED OR DYED LIKE NEW
Men's and women's a variety of fabrics, curtains, gloves, blankets, feathers, etc. We call anywhere.
Phone, Taylor 8380
ANTON DORFNER & SONS
Cleaners & Dyers
1324 GIRARD AVENUE

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

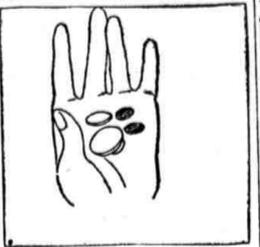
BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

WANAMAKER'S



No. 8—Coin Dissolves Into Air
A handful of coins are shown in the left hand. The right hand removes a dime from the pile, rubs it gently and causes it to dissolve into thin air. Among the coins in the left hand there is only one dime. This coin is apparently removed by the right hand, but in reality it is slipped under a larger coin, say a quarter or half-dollar. As the dime no longer visible among the left-hand coins, every one takes it for granted that it is in the right. Thus the disappearance of the dime creates considerable surprise.
Copyright, 1921, by Public Ledger Company

Printed Linens and Cretonnes
We show an unusual collection, charming designs, beautiful colorings; by the noted French manufacturers. The French and English. A. L. DIAMENT & CO.

HATS CLEANED Remodeled
In the newest shapes for sports and outing wear. Our 40 years of experience is at your service.
Steinman
54 N. 7th St. Phone: Market 3431
Branch: Jefferson Ave. Works, 107 S. 15th

Velour & Bolivia Coats & Suits
Sponged and Restored to Their Original Beauty
Plush & Velvet Coats
Steamed and Renapped
Furs Cleaned and Glazed
Modern Cloth Sponging Co.
1030 S. 10th St.
We Call and Deliver to Any Part of City
Phone: Oregon 6202 or Main 7017

Marinello
A-1 Beauty Salon
BEAUTY IS SKIN DEEP
Treatments for all conditions of the skin and hair. Muscle Stripping, Henna and French Hot Coloring. Superfluous hair, moles, warts and birthmarks removed.
RITA A. KRAUS
1615 WALNUT STREET
Spruce 4202

CLEANED OR DYED LIKE NEW
Men's and women's a variety of fabrics, curtains, gloves, blankets, feathers, etc. We call anywhere.
Phone, Taylor 8380
ANTON DORFNER & SONS
Cleaners & Dyers
1324 GIRARD AVENUE

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653

All-Wool Boys' Suits
2 Pr. Pants
50c Down 10c a Week
Clothing for the Entire Family
SHAPIRO'S
929 Arch St. Philadelphia
CREDIT TO ALL

How to Have Warmer Feet
Have you ever noticed on a real winter day how frozen and numb your hands get when held inflexibly in a stiff new pair of street gloves? The trouble then is the same as when many women suffer unnecessarily from cold feet. The joints and muscles don't get the free action necessary for good circulation of the blood. The Cantilever Shoe is a good-looking shoe, designed, like the human foot, with a flexible arch. No stiff steel shank-piece hidden between soles (as in all ordinary shoes) hampers the free action which joints and muscles crave. Foot-strain is avoided or, in time, corrected. Each arch, when Cantilevers are laced up trimly, receives just the degree of support each needs. You are properly fitted in good-looking shoes; your circulation is improved; your feet feel just that much warmer.

Let us show you how comfortable your feet will feel in good-looking Cantilevers. In them, you can stand and walk without tiring so soon; your improved circulation makes you feel better, look better; and you avoid foot-strain and the many ailments physicians lay to foot strain. Widths AAAA to E.

SPALDING
Sportwear for Women
Tweed Suits of Imported Materials
Tuxedo and single-breasted styles
Plain and leather-trimmed
Reduced to \$20
Imported Plaid Plaid Skirts
Made in various sports shades
Reduced to \$15
A. G. SPALDING & BROS.
1210 Chestnut Street Philadelphia

BAXTER'S ORPHEUM PASTRY SHOP
60 West Chelton Ave.
Try Our Home-Cooked Cakes
Phone Your Orders, Germantown 4653